

SHUTTLE MENU STS-133

(Stow by Day)

ERIC BOE, PLT (YELLOW)

Meal	Days 1*, 7 & 13**	Day 2	Days 3 & 9	Days 4 & 10
A	Oatmeal w/ Brown Sugar (R) Nut & Fruit Granola Bar (NF) Metamucil Wafers, Apple (NF) Breakfast Roll (FF) Orange-Mango Drink (B) Kona Coffee w/ C & S (B)	Cheese Grits (I) Mocha Yogurt (T) x2 Granola w/ Blueberries (R) Breakfast Roll (FF) Clif Bar, Cranberry Apple Cherry (NF) Metamucil Wafers, Cinnamon (NF)x2 Orange Drink (B) Kona Coffee w/ C & S (B)	Granola Bar (NF) Peanut Butter (FF) Tortilla (FF) Clif Bar, Banana Nut Bread (NF) Metamucil Wafers, Apple (NF) Orange-Pineapple Drink (B) Kona Coffee w/ C & S (B) x2	Oatmeal w/ Brown Sugar (R) Dried Peaches (IM) Blueberry-Raspberry Yogurt (I) Breakfast Roll (FF)(two on day 4 only) Metamucil Wafers, Cinnamon (NF) Clif Bar, Cool Mint Chocolate (NF) Orange-Mango Drink (B) Kona Coffee w/ C & S (B)
B	Beef Enchiladas (I) Southwestern Corn (I) Brown Rice (I) Peaches (I) Candy Coated Almonds (NF) Lemonade (B) x2	Cheddar Cheese Spread (I) Crackers (NF) x2 Grilled Chicken (I) Red Beans & Rice (I) Strawberries (R) Candy Coated Chocolates (NF) Tropical Punch (B) x2	Split Pea Soup (I) Crackers (NF) x2 Chicken w/Corn & Black Beans (I) Carrot Coins (I) Tropical Fruit Salad (I) Butter Cookies (NF) Grape Drink (B) x2	Crawfish Etouffee (I) Peanut Butter (FF) Grape Jelly (I) Tortilla (FF) x2 Trail Mix (IM) Chocolate Pudding Cake (I) Lemonade (B) x2
C	Tomato Basil Soup (I) Crackers (NF) x2 Beef Ravioli (I) Italian Vegetables (R) Tortilla (FF) x2 Cashews (NF) Shortbread Cookies (NF) Peach-Apricot Drink (B)	Beef Tips w/ Mushrooms (I) Mashed Potatoes (R) Curry Sauce w/ Vegetables (I) Tortilla (FF) x2 Peanuts (NF) Cherry Blueberry Cobbler (I) Pineapple Drink (B)	Smoked Turkey (I) Macaroni & Cheese (R) Mixed Vegetables (I) Tortilla (FF) x2 Macadamia Nuts (NF) Apricot Cobbler (I) Lemonade (B)	Beef Fajitas (I) Tortilla (FF) x2 Black Beans (I) Corn (R) Pineapple (I) Cranapple Dessert (I) Tropical Punch (B)

♦ Day 8 will be stowed in the fresh food locker

*Day 1 consists of Meal C only

**Day 13 consists of Meals A & B only

(B) - Beverage, (FF) - Fresh Food, (I) - Irradiated, (IM) - Intermediate Moisture, (NF) - Natural Form, (R) - Rehydratable, (I) - Thermostabilized

Days 5 & 11	Days 6 & 12	Day 8 ♦
Cheese Grits (T)(two on day 5 only) Breakfast Sausage Links (I) Yogurt Covered Granola Bar (NF) Metamucil Wafers, Apple (NF) Strawberries (R) Orange Drink (B) x2 Kona Coffee w/ C & S (B)	Granola w/ Blueberries (R)(two on day 6 only) Peanut Butter (FF) Tortilla (FF) Metamucil Wafers, Cinnamon (NF) Clif Bar, Cool Mint Chocolate (NF) Orange-Pineapple Drink (B) Kona Coffee w/ C & S (B)	NO MEAL
Teriyaki Chicken (R) x2 Pasta w/ Pesto (I) Cashews (NF) Citrus Fruit Salad (I) Clif Bar, Cranberry Apple Cherry (NF)(day 11 only) Candy Coated Chocolates (NF) Peach-Apricot Drink (B) x2	Spaghetti w/ Meat Sauce (R) x2 Italian Vegetables (R) Dried Pears (M) Peanuts (NF) Butter Cookies (NF) Lemonade (B) x2	Cheddar Cheese Spread (FF) Crackers (FF) x2 Grilled Chicken (FF) Red Beans & Rice (FF) Strawberries (FF) Candy Coated Chocolates (FF) Tropical Punch (FF) x2
Cheddar Cheese Spread (I) Crackers (NF) x2 Cheese Tortellini (I) Broccoli au Gratin (R) Macadamia Nuts (NF) Shortbread Cookies (NF) Pineapple Drink (B)	Fiesta Chicken (I) Mashed Potatotes (R) Green Beans w/Mushrooms (R) Tortilla (FF) x2 Tropical Fruit Salad (I) Lemon Curd Cake (I) Grape Drink (B)	NO MEAL